

## **Abstract**

**Title:** Development of Individual Skills in Floorball

**Objectives:** Main goal of this thesis is to gather known theoretic findings about improvement of the individuals playing skills focusing on often repeated mistakes and creating the set of exercises in logical succession for improving the teaching methods of the particular problem using drawing and the description of the situation.

**Methods:** This thesis is based on analysis and processing the theoretical applications and has a character of the literal retrieval of the topics that are related with the goals of this thesis - improving the playing skill of the individual. Exercising creation draws from my experiences that I gathered during my study time on UK FTVS and other information gained from detailed study of the relevant literature as well as from my own experience.

**Results:** In the thesis I've used total of 24 resources from Czech and Foreign literature through which I gathered information related to the topic. Based on the obtained knowledge I've determined the commonly used mistakes made by the players while performing individual techniques creating series of exercises to help the players not repeating them in the future.

**Keywords:** technique critical points, dribbling, ball leading, passing and receiving, shooting, floorball